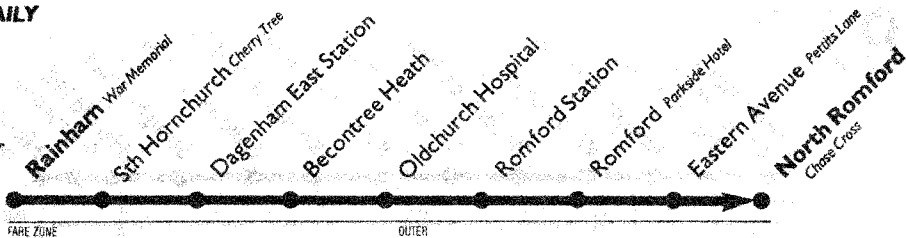


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Mondays to Fridays

Rainham War Memorial	0546	0606	0626	0643	0701	0716		0930	0942	0953		1529	1541	1553	1602	1612
South Hornchurch Cherry Tree	0550	0610	0630	0647	0705	0720		0934	0946	0957		1533	1545	1557	1606	1616
Dagenham East Station	0557	0617	0637	0654	0712	0727		0941	0953	1004		1540	1552	1603	1614	1624
Dagenham Four Wanzt Corner	0600	0620	0640	0657	0715	0730		0946	0956	1007		1542	1555	1608	1617	1627
Becontree Heath Civic Centre	0604	0624	0644	0701	0719	0734		0951	1000	1011		1547	1559	1612	1621	1631
Romford Station	0612	0632	0652	0709	0727	0743		1000	1009	1020		1556	1609	1622	1631	1641
Romford Market	0615	0635	0655	0712	0730	0746		1003	1012	1023		1559	1613	1626	1635	1645
Romford North Street Garage	0618	0638	0658	0715	0733	0749		1006	1015	1026		1602	1616	1629	1638	1648
North Romford Chase Cross	0627	0647	0707	0724	0742	0758		1018	1027	1038		1615	1629	1642	1651	1701
Rainham War Memorial	1622	1631	1641	1650	1700	1710	1719	1728	1738	1747	1757	1806	1816	1825	1836	1846
South Hornchurch Cherry Tree	1626	1635	1645	1654	1704	1714	1723	1732	1742	1751	1801	1810	1820	1829	1840	1850
Dagenham East Station	1634	1643	1653	1702	1712	1722	1731	1740	1750	1759	1809	1818	1828	1837	1847	1857
Dagenham Four Wanzt Corner	1637	1646	1656	1705	1715	1725	1734	1743	1753	1802	1812	1821	1831	1840	1850	1900
Becontree Heath Civic Centre	1641	1650	1700	1709	1719	1729	1738	1747	1757	1806	1816	1825	1835	1844	1854	1904
Romford Station	1651	1700	1710	1719	1729	1739	1748	1757	1807	1816	1826	1835	1844	1853	1903	1913
Romford Market	1655	1704	1714	1723	1733	1743	1752	1801	1811	1820	1830	1838	1847	1856	1906	1916
Romford North Street Garage	1658	1707	1717	1726	1736	1746	1755	1804	1814	1823	1833	1841	1850	1859	1909	1919
North Romford Chase Cross	1711	1720	1730	1739	1749	1759	1808	1817	1826	1835	1845	1851	1901	1911	1921	1931
Rainham War Memorial	1915	1936			06 36			2336	0006							
South Hornchurch Cherry Tree	1919	1949			10 40			2340	0010							
Dagenham East Station	1926	1947			17 47			2347	0017							
Dagenham Four Wanzt Corner	1929	1950			20 50			2350	0020							
Becontree Heath Civic Centre	1933	1954			24 54			2354	0024							
Romford Station	1941	2002			32 02			0002	0032							
Romford Market	1944	2005			35 05			0005	0035							
Romford North Street Garage	1947	2008			38 08			0008	0038							
North Romford Chase Cross	2017				47 17			0017								

Saturdays

Rainham War Memorial	0537		0607	0627	0647	0707	0727	0747	0807	0827	0846	0906	0926	0941	0953	1005	1017	1029
South Hornchurch Cherry Tree	0541		0611	0631	0651	0711	0731	0751	0811	0831	0850	0910	0930	0945	0957	1009	1021	1033
Dagenham East Station	0548		0618	0638	0658	0718	0738	0758	0818	0838	0857	0918	0938	0953	1016	1028	1040	1050
Dagenham Four Wanzt Corner	0551		0621	0641	0701	0721	0741	0801	0821	0841	0900	0921	0941	0956	1008	1019	1031	1043
Becontree Heath Civic Centre	B		0625	0645	0705	0725	0745	0805	0825	0845	0904	0926	0946	1001	1013	1023	1035	1047
Romford Station			0633	0653	0713	0733	0753	0813	0833	0853	0913	0935	0955	1011	1023	1033	1045	1057
Romford Market			0636	0656	0716	0736	0756	0816	0836	0856	0916	0938	0958	1014	1027	1037	1049	1061
Romford North Street Garage			0639	0659	0719	0739	0759	0819	0839	0859	0919	0941	1001	1018	1030	1040	1052	1104
North Romford Chase Cross			0628	0648	0708	0728	0748	0808	0828	0848	0908	0928	0950	1013	1030	1042	1052	1104
Rainham War Memorial	1041	1053	1105	1117	1129	1140			50 00	10 20	30 40			1750	1800	1806	1813	1823
South Hornchurch Cherry Tree	1045	1057	1109	1121	1133	1144			54 04	14 24	34 44			1754	1804	1810	1817	1827
Dagenham East Station	1052	1104	1116	1128	1140	1151			01 11	21 31	41 51			1801	1811	1817	1824	1834
Dagenham Four Wanzt Corner	1055	1107	1119	1131	1143	1154			04 14	24 34	44 54			1804	1814	1820	1827	1837
Becontree Heath Civic Centre	1059	1111	1123	1135	1147	1158			08 18	28 38	48 58	UNTIL		1809	1824	1831	1838	1848
Romford Station	1109	1121	1133	1145	1157	1208			12 22	32 42	52 02	12		1818	1826	1832	1839	1849
Romford Market	1113	1125	1137	1148	1201	1212			25 35	45 55	55 05	15		1822	1829	1835	1842	1852
Romford North Street Garage	1116	1128	1140	1152	1204	1215			37 47	57 07	17 27			1824	1832	1838	1845	1855
North Romford Chase Cross	1128	1140	1152	1204	1216	1227								1837	1845	1851	1858	
Rainham War Memorial	1836	1846	1906			36 06			2336	0006								
South Hornchurch Cherry Tree	1840	1850	1910			40 10			2340	0010								
Dagenham East Station	1847	1857	1917			47 17			2347	0017								
Dagenham Four Wanzt Corner	1850	1900	1920			50 20			2350	0020								
Becontree Heath Civic Centre	1854	1904	1924			54 24			2354	0024								
Romford Station	1902	1912	1932			02 32			0002	0032								
Romford Market	1905	1915	1935			05 35			0005	0035								
Romford North Street Garage	1908	1918	1938			08 38			0008	0038								
North Romford Chase Cross	1917		1947			17 47			0017									

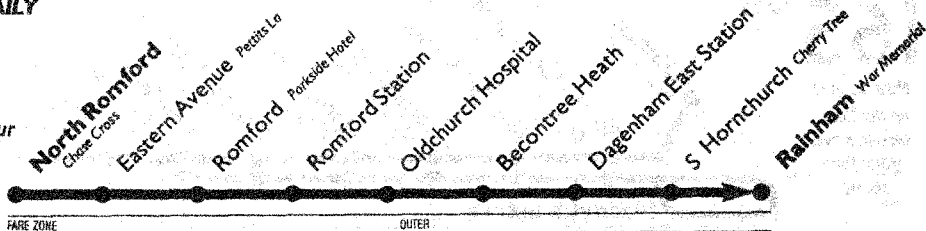
Sundays (and National Public Holidays)

Rainham War Memorial	0706	0806	0906	1006	1106			36 06		2336	0006							
South Hornchurch Cherry Tree	0710	0810	0910	1010	1110			40 10		2340	0010							
Dagenham East Station	0717	0817	0917	1017	1117			47 17		2347	0017							
Dagenham Four Wanzt Corner	0720	0820	0920	1020	1120			50 20		2350	0020							
Becontree Heath Civic Centre	0724	0824	0924	1024	1124			54 24	UNTIL	2354	0024							
Romford Station	0732	0832	0932	1032	1132			02 32		0002	0032							
Romford Market	0735	0835	0935	1035	1135			05 35		0005	0035							
Romford North Street Garage	C	0738	0838	0938	1038	1138		08 38		0008	0038							
North Romford Chase Cross	0650	0747	0847	0947	1047	1147		17 47		0017								

B—Continues to Becontree Heath Bus Station.

C—Starts from Romford Parkside Hotel.

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Mondays to Fridays

North Romford Chase Cross	0632	...	0652	...	0712	0722	...	0903	0913	0922	0932
Romford North Street Garage	0640	...	0700	...	0720	0730	Then	0917	0927	0936	0944
Romford Market	0512	0532	0552	0609	0627	0642	0651	0702	0710	0722	about	0920	0930	0939	0947
Romford Station	0515	0535	0555	0612	0630	0645	0654	0705	0713	0719	every	0923	0933	0942	0950
Becontree Heath Civic Centre	0523	0543	0603	0620	0638	0653	0702	0713	0721	0727	0733	10	0933	0951	...
Dagenham Four Wanzt Corner	0527	0547	0607	0624	0642	0657	0706	0717	0725	0731	0737	minutes	0937	0955	...
Dagenham East Station	0530	0550	0610	0627	0645	0700	0709	0720	0728	0734	0740	until	0940	0958	...
South Hornchurch Cherry Tree	0537	0557	0617	0634	0652	0707	0716	0727	0735	0741	0748	0801	0948	1006	...
Rainham War Memorial	0541	0601	0621	0638	0656	0711	0720	0731	0739	0745	0752	0805	0952	1010	...

North Romford Chase Cross	0941	...	1452	...	1506	...	1826	1849	1922	...	52	22	2322	2352	0022
Romford North Street Garage	0951	...	1502	...	1516	Then	1835	1858	1930	Then	00	30	2330	2400	0030
Romford Market	0954	...	1505	1514	1519	about	1837	1900	1932	at	02	32	2332
Romford Station	0957	Then	1508	1517	1522	every	1840	1903	1935	these	05	35	2335
Becontree Heath Civic Centre	1006	12-13	1517	1526	1531	10	1849	1912	1943	minutes	13	43	UNTIL	2343	...
Dagenham Four Wanzt Corner	1010	minutes	1521	1530	1535	minutes	1853	1916	1947	past	17	47	2347
Dagenham East Station	1013	until	1524	1533	1538	until	1856	1919	1950	each	20	50	2350
South Hornchurch Cherry Tree	1021	...	1532	1541	1546	...	1904	1927	1957	hour	27	57	2357
Rainham War Memorial	1025	...	1536	1545	1550	...	1908	1931	2001	...	31	01	0001

Saturdays

North Romford Chase Cross	0633	0653	0713	0733	0753	0813	0833	0853	...	0913	0924	0936	0948
Romford North Street Garage	0641	0701	0721	0741	0801	0821	0841	0901	A	0923	0934	0946	0958
Romford Market	0502	0532	...	0603	0623	0643	0703	0723	0743	0803	0823	0843	0904	0916	0926	0937	0949
Romford Station	0505	0535	...	0606	0626	0646	0706	0726	0746	0806	0826	0846	0908	0920	0930	0941	0953
Becontree Heath Civic Centre	0513	0543	B	0614	0634	0654	0714	0734	0754	0814	0834	0854	0916	0928	0938	0949	1001
Dagenham Four Wanzt Corner	0517	0547	0607	0618	0638	0658	0718	0738	0758	0818	0838	0858	0920	0932	0942	0953	1005
Dagenham East Station	0520	0550	0610	0621	0641	0701	0721	0741	0801	0821	0841	0901	0923	0935	0945	0956	1008
South Hornchurch Cherry Tree	0527	0557	0617	0628	0648	0708	0728	0748	0808	0828	0848	0908	0930	0942	0952	1003	1015
Rainham War Memorial	0531	0601	0621	0632	0652	0712	0732	0752	0812	0832	0852	0912	0934	0946	0956	1007	1019

North Romford Chase Cross	1000	1012	1024	1036	1048	...	1100	1112	1124	1136	1148	...	1200	1212	...	1742	1802
Romford North Street Garage	1011	1023	1035	1047	1059	A	1111	1123	1135	1147	1159	A	1211	1223	...	1753	1810
Romford Market	1014	1026	1038	1050	1102	1108	1112	1126	1138	1150	1202	1208	1214	1226	Then	1756	1812
Romford Station	1018	1030	1042	1054	1106	1112	1116	1130	1142	1154	1206	1212	1218	1230	every	1800	1815
Becontree Heath Civic Centre	1028	1040	1052	1104	1116	1122	1128	1140	1152	1204	1216	1222	1228	1240	10	1810	1823
Dagenham Four Wanzt Corner	1032	1044	1056	1108	1120	1126	1132	1144	1156	1208	1220	1226	1232	1244	minutes	1814	1827
Dagenham East Station	1035	1047	1059	1111	1123	1129	1135	1147	1159	1211	1223	1229	1235	1247	until	1817	1830
South Hornchurch Cherry Tree	1042	1034	1106	1118	1130	1136	1142	1154	1206	1218	1230	1236	1242	1254	...	1824	1837
Rainham War Memorial	1046	1058	1110	1122	1134	1140	1146	1158	1210	1222	1234	1240	1246	1258	...	1828	1841

North Romford Chase Cross	1822	...	52	22	...	2322	2352	0022
Romford North Street Garage	1830	...	00	30	...	2330	2400	0030
Romford Market	1832	...	02	32	...	2322
Romford Station	1835	...	05	35	...	2335
Becontree Heath Civic Centre	1843	...	13	43	UNTIL	2343
Dagenham Four Wanzt Corner	1847	...	17	47	...	2347
Dagenham East Station	1850	...	20	50	...	2350
South Hornchurch Cherry Tree	1857	...	27	57	...	2357
Rainham War Memorial	1901	...	31	01	...	0001

Sundays (and National Public Holidays)

North Romford Chase Cross	...	0656	0752	0852	0952	1052	...	1152	...	22	52	...	2322	2352	0022
Romford North Street Garage	...	A	0704	0800	0900	1000	1100	A	1200	...	30	00	2330	2400	0030
Romford Market	0632	0706	0802	0902	1002	1102	1132	1202	...	Then	30	02	2332
Romford Station	0635	0709	0805	0905	1005	1105	1135	1205	...	at	35	05	2335
Becontree Heath Civic Centre	0643	0717	0813	0913	1013	1113	1143	1213	...	minutes	43	13	UNTIL	2343
Dagenham Four Wanzt Corner	0647	0721	0817	0917	1017	1117	1147	1217	...	past	47	17	2347
Dagenham East Station	0650	0724	0820	0920	1020	1120	1150	1220	...	each	50	20	2350
South Hornchurch Cherry Tree	0657	0731	0827	0927	1027	1127	1157	1227	...	hour	57	27	2357
Rainham War Memorial	0701	0735	0831	0931	1031	1131	1201	1231	01	31	0001

A—Starts from Romford North Street/The Avenue.

B—Starts from Becontree Heath Bus Station.